



Pfc. Amanda McBride

Cyclone quarterback Staff Sgt. Josh Mager can't find a receiver, so he sneaks past to get a first down during the C Co., 4/64 Armor and A Co., 703rd BSB game at the 2007 Fort Stewart Intramural Flag-Football Marne Conference, Aug. 29.

'Iron Horses' upset 'Cyclones'

Sgt. 1st Class Hillis
4th BCT Public Affairs

The Iron Horses of Company A, 703rd Brigade Support Battalion, 4th Brigade Combat Team, upset the Cyclones of Company C, 4th Battalion, 64th Armor Regiment, 4th BCT, 18-13 in a last minute touchdown during intramural football action Aug. 29 at Fort Stewart.

"Our strong point was playing a little physical and playing smart," said Corliss Poole, Iron Horses' quarterback and team captain. "We also appreciate the Family members and leadership coming out and supporting us."

The Cyclones jumped out to a quick lead during the fourth play of the game as quarterback Josh Mager scrambled across the goal line to give the Cyclones a 6-0 lead.

The Iron Horses answered back with a touchdown pass from Poole to one of his receivers in the end zone, tying up the score 6-6.

Neither team was able to make a first down during their next possession, resulting in an exchange of four plays and out.

During the fifth play of the Cyclones next possession, Mager connected with wide receiver Ty Meche, who made a

diving catch in the end zone, plus a one-point conversion giving them a 13-6 lead. The Iron Horses responded and scored a touchdown with just 14 seconds left in the half to bring them within one, 13-12.

After the half neither team was able to score during their first possession. However, the Iron Horses sucked up the clock during their next possession as they marched down the field in 10 plays, allowing Poole to scramble in for the touchdown with less than a minute left on the clock, giving them their first lead of the game, 18-13.

The Cyclones were determined to come back, but fell short as the ball went in and out of the hands of Mager's receivers. With four seconds left Mager threw up a Hail Mary pass, hoping one of his receivers would come down with it, but it was wide right, ending the game and giving the Iron Horses bragging rights for the night.

"We had a good game," said Anthony Smith, Cyclones coach. "It was a tight game the whole way through and then the 703rd team ended up pulling it out within the last 30 seconds."

The win gives the Iron Horses a 2-1 record and the Cyclones a 1-2 record.

Hunter celebrates National Bowling Week



Nancy Gould

Spc. Leodavid Fernandez, HHC 260th QM, participates in the National Bowling Week celebration at Hunter Lanes, Aug. 26.

Nancy Gould
Hunter Public Affairs

Bowlers of all ages filled Hunter Lanes at Hunter Army Airfield, Aug. 26. Many of the 75 - 100 bowlers who came in throughout the day were there to participate in special bowling events. Some were there to win prizes offered by Pabst Blue Ribbon in honor of National Bowling Week, and others came to sign up for fall bowling leagues, which are held through November.

The prizes were definitely a draw for Spc. Leodavid Fernandez, Headquarters and Headquarters Company, 260th Quartermaster Battalion, who arrived at Hunter recently from Korea.

Fernandez was all smiles when he won an MP3 player from a scratch-off card.

"This is therapeutic to me," Fernandez said, adding that his bowling skills need a lot of work.

"I'm bowling by myself today, but I don't mind. It gives me the practice I need to focus my attention on throwing the ball straight."

Altogether, 200 scratch-off cards were given out throughout the week, along with other prize contributions by Pabst, including seven MP3 players, five wristband USB drives, and one iPod shuffle. The grand prizes — an iPod Nano, a portable DVD player, and two Harley Davidson denim shirts, will be awarded at the end of the fall league.

"I was pleased with the turn out," said Carlton Peck, Hunter Lanes manager.

"Just wait until bowlers see other prizes coming up with other promotions."

Peck is referring to the Hebrew Hotdog promotion coming Sept. 30. Participants have a chance to win \$30,000 or a mustang.

If you want to participate in Hunter Lanes bowling events, check them at when you bowl. The hours are: Monday - Thursday, 11 a.m. to 9 p.m.; Friday, 11 a.m. to 10 p.m.; Saturday, 2 - 10 p.m.; and Sunday, 2 - 8 p.m. Open bowling is limited during the fall league schedule, which runs through May. If you are interested in joining a league or want more information about upcoming promotions, contact Peck at 315-6279.

Deployed servicemembers support Georgia fun-run

Sgt. Natalie Rostek
3rd HBCT Public Affairs

FORWARD OPERATING BASE HAMMER, Iraq - Soldiers of 3rd Heavy Brigade Combat Team took part in a fun-run Sunday at FOB Hammer to support the Country's Barbecue 5k run in Columbus, Ga. Soldiers, Airmen, Sailors and civilian workers who live on FOB Hammer gathered in front of the brigade headquarters building in the early morning to participate in a 5k fun run, one hour before the Columbus, Ga., restaurant kicked off its run of the same distance.

Before the run began, Col. Wayne W. Grigsby, Jr., 3rd HBCT commander, spoke live via video-conference to the friends and Family of the 3rd HBCT, in Columbus, who gathered for the event. After going on air, Grigsby along with Command Sgt. Maj.

James Pearson, ran to join their Sledgehammer Soldiers to start the run.

While some Soldiers were giving their best efforts to cross the finish line before their buddies, others put their best face for their Family members, who were waiting in the rain for the Country's Barbecue run to start.

"I wanna thank God for my smokin' hot wife," said Capt. Sean Morrow, operations officer for 3rd HBCT, on air, quoting a line from the movie, "Talladega Nights: The Ballad of Ricky Bobby."

Coming in first place for the males was Sgt. Maj. Willie Washington, noncommissioned officer in charge of the 3rd HBCT human resources office. The first female to cross the finish line was Air Force Capt. Megan Leitch, director of operations for the 557th Expeditionary "Red Horse"

Squadron.

The 5k run was the third run the 3rd HBCT has participated in as a unit.

The brigade also held the Army Birthday 5k Fun-Run June 14, and the Hotter Than Hades one-mile run July 4.

After the run, Grigsby and Pearson returned to the camera with the top three male and female runners. Grigsby introduced each then, with Pearson, raised his hand to start the run back in Columbus.

"On your mark, get set, go," yelled the leaders to initiate the run, more than 6,000 miles away.

Grigsby sent his deepest "thank you" to everyone who participated in the run to include: Country's Barbecue, WXTX-TV and WTVM-TV in Columbus, and all the friends and Families of the 3rd HBCT for their love and support.



Sgt. Natalie Rostek

Sgt. Maj. Willie Washington, 3rd HBCT human resources office NCOIC wins the brigades fun-run, Aug. 26 at FOB Hammer, Iraq.

3rd HBCT celebrates Labor Day in Iraq



Spc. Ben Hutto

Pfc. Tiffany Thorsen prepares to swing at a pitch during the 3rd HBCT Labor Day softball tournament, Sept. 3 at FOB Hammer.

Spc. Ben Hutto
3rd HBCT Public Affairs

FORWARD OPERATING BASE HAMMER, Iraq – The 3rd Heavy Brigade Combat Team held a variety of activities for Soldiers to celebrate Labor Day, Sept. 3 at FOB Hammer.

Starting with an early morning fun-run, Soldiers, Sailors, Airmen and Marines also competed in softball, volleyball, spades, ping pong and horseshoe tournaments.

“We are enjoying the festivities the brigade has set up for us,” said 1st Sgt. Tony Williams, Company C, 203rd Brigade Support Battalion.

“We are enjoying the time tremendously, even though we are away from our Families.”

Despite the high temperatures, Soldiers competed against one

another all day. Many of the games were competitive contests, but the Soldiers had a good time noted Chaplain (Capt.) Lex Reed, the chaplain for the Brigade Special Troops Battalion.

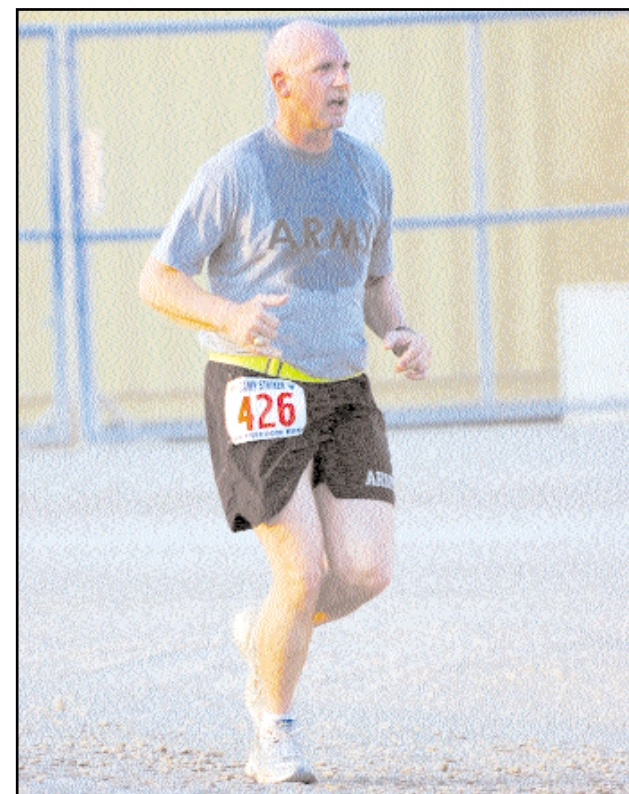
“It gives me a thrill to see our Soldiers smile. Watching everyone get a little time off to play America’s pastime is worth the trip over here,” said Reed, while watching the softball tournament.

Col. Wayne W. Grigsby, commander of the 3rd HBCT, recognized the winners of the day’s events before a gospel concert held that evening.

“Today was a great day,” said Grigsby.

“I just want to remind everyone to stay vigilant. We may be having fun now, but when you leave the FOB keep your guard up.”

Senior Soldier marks 26 years of service with 10k race



Pfc. Monica Smith
3rd CAB Public Affairs

BAGHDAD – Command Sgt. Maj. Keith Dawson is not one to go along with the crowd – he’s usually out in front.

When he reached the milestone of 26 years in the Army on Aug. 25, the top enlisted Soldier in the 603rd Aviation Support Battalion celebrated that occasion not with a party, but by running in the monthly Camp Striker 10k race.

“When I saw the sign with the date (of the race) I thought, why not? Six-point-two miles at 26 years?” Dawson said.

Known to many in 3rd Combat Aviation Brigade, 3rd Infantry Division for his distinc-

tively grave voice and a penchant for telling it like it is, Dawson has spent his 26 years in the Army focused on his job. His concern is taking care of the Soldiers and making sure their needs are met, said Lt. Col. William McGarrity, 603rd ASB commander.

Dawson said he never really thought about becoming a command sergeant major until around his 18th year in the Army.

“For a lot of years I thought I’d never get this far in my career,” he said.

He started out as a UH-1 Huey helicopter mechanic, but when he got to his first unit he was told they didn’t have Hueys, only UH-60 Black Hawks. From

that moment on he was a Black Hawk mechanic and crew chief.

At his 20-year mark, when he was eligible for retirement, Dawson kept serving.

“I was still having too much fun at 20 years to call it a day,” he said.

He said he’s still having plenty of fun.

“I was supposed to retire April of this year,” Dawson said. “But, I came on this deployment instead of retiring because of the Soldiers.”

Giving up the possibility of retirement to deploy to Iraq just because he cares for Soldiers does not surprise those that work with Dawson.

McGarrity showed up to the race and ran it with Dawson,

along with several other 603rd ASB Soldiers, as a tribute to Senior Soldier.

“He’s my standard bearer,” McGarrity said. “He’s my battle buddy.”

Before the race Dawson’s voice could be heard over all.

“I don’t think there’s anyone in my age group; 45-and-older, woohoo!” he shouted.

At 52 minutes, 38 seconds, Dawson crossed the finish line.

The run itself was a celebration of a command sergeant major who said he’s still going strong.

“The reason I’m still here is the Soldiers. I take care of the Soldiers, and the Soldiers take care of the mission,” he said. “I’m still having fun.”

Pfc. Monica Smith

Command Sgt. Maj. Keith Dawson, 603rd ASB, runs in a 10k race to mark his 26 years in the Army, Aug. 25.

New hunting, fishing fees in effect

Pete Moore
Frontline Contributor

Fort Stewart holds the second largest public hunting and fishing area in Georgia where sportsmen can hunt and fish without "luck of the draw" quota drawings nor the fear of receiving those dreaded rejection notices.

To hunt or fish on Fort Stewart-Hunter Army Airfield, sportsmen only need the appropriate state hunting and fishing licenses and an installation permit. Hunters are

also required to present a state certified hunter safety card in order to purchase an installation hunting permit.

New prices for hunting and fishing permits have been effective as of Sept. 1. Prices have increased for some users and have been reduced for others. Much of the increase was required to keep pace with inflation. Even at the increased price, a Fort Stewart hunting or fishing permit is still a great value. Fees were also adjusted to afford our Soldiers and their Families a price reduction since deployments and training requirements prevent them from taking full advantage of a great hunting and fishing resource. Under the previous fee schedule, dependents of our Soldiers paid the same as the "all others" category. Under the new schedule, dependents will pay the same reduced rate as the Soldier. The new hunting and fishing permit costs are as follows:

For Soldiers E1-E4 hunting \$10, fishing, \$20, and combination \$15; E5-E7 hunting \$20, fishing \$10, combination; E8 and above hunting \$30, fishing \$15, and combination \$45. For all others hunting is \$60, fishing \$30, and combination is \$85.

Fort Stewart provides some of the finest deer, feral hog, and turkey hunting found in the entire state of Georgia. Stewart also pro-

vides very good small game hunting to include squirrel, rabbit, quail, wood duck, and mourning doves. Another popular game animal on Stewart is the feral hog. Feral hogs can be hunted year round except during turkey season, and even then, hog hunting is still allowed in archery-only areas. There is no size limit or bag limit.

Archery season begins Sept. 8, muzzle-loader season begins Oct. 6, and firearms will follow on Oct. 20.

Most of the outlying areas on Fort Stewart are firearms areas where any legal weapon can be used but there is some shotgun only and archery only areas adjacent to cantonment/housing areas. For those trophy deer hunters willing to let young bucks walk and grow a little older, a Quality Deer Management Zone is available. The QDMZ is located in training areas E12, E13, E14, E15, E16, E20, E21, and E22. Unlike the rest of the installation, both bucks must have at least 4 points on one side that are at least 1 inch long. Our largest bucks are generally taken from these areas due to better soils and more intensive management.

Hunters are reminded that during deer season, Fort Stewart Reg. 420-4 requires that all deer and hogs be recorded on a harvest card before the animal is moved. This card

can be obtained at the Stewart and Hunter pass and permit offices. Hunters are also required to present their deer at the deer check station when it is in operation which is generally from muzzleloader season until Dec. 31.

For those sportsmen who would rather scale fish than skin deer Stewart-Hunter has 22 ponds and lakes totaling in excess of 450 acres. Game fish which can be caught in the ponds and rivers include: bluegill sunfish (bream), redbreast sunfish, redear sunfish (shell cracker), black crappie (white perch), largemouth bass, hybrid striped bass (white bass / striped bass cross), and channel catfish. Fort Stewart is well known for its largemouth bass fishing.

For those true "trophy" bass fishermen a trophy bass pond is available at Pond 26 (Metz Pond), where all bass less than 24 inches must be returned to the pond to grow a little bigger.

Interested sportsmen can review or download the Hunting, Fishing, and Recreational Use regulation (FS Reg 420-4), check area status sheets, obtain information on hunting and fishing, and e-mail installation biologists with any questions or comments at www.stewart.army.mil/dpw/wildlife/default.htm.



Courtesy photo

Chad Foster poses with his catch at the Fort Stewart hunting grounds.

Jake's Body Shop: In the beginning

Jake Battle
DMWR Fitness Coordinator

There will never be a more important part of your exercise routine than the first few weeks. This is when you will begin habits that will determine the success of your exercise. The habits could be good or bad. Just as unfitness didn't come in a day, neither does fitness. Here's how to start a successful routine.

Keep your heart rate in the lower half of your target heart rate. You will be working hard enough to make your heart stronger, but not overexerting.

Do not worry if you are not up to 20 minutes at the beginning. The important thing is to keep going. If you stick with it, your endurance will increase and you will be able to go the whole 20 minutes.

Listen to your body

Occasional minor stiffness the morning after exercise is to

be expected. It is a sign that you are getting into shape. Soreness may be a sign that you overdid it. You may need to cut back a little, to go slow and easy. Listen to your body and you will get into shape.

Measure by time

If you measure your exercise by both time and distance, it encourages hurrying. While you might start with something reasonable, each day you would be tempted to push further or faster. So try just going out to exercise for 20 minutes and do not worry about how far you go. Just watch your heart rate and put in your time.

Slow down and rest

Some of you will find it impossible to keep going the entire 20 minutes. That is fine. The idea is to get stronger, and you will get stronger if you simply keep your body moving the entire 20 minutes.

For example, if you get tired after 10 minutes of bicycling,

walk for awhile. Build up to the 20 minutes. If you swim, float for a while to rest and then try swimming again.

Warm-up and cool-down

Like an engine on a cold morning, your body needs a chance to warm up. A warm-up gradually prepares your muscles for exercise.

Warming-up is especially important for exercise that requires quick bursts of effort, such as basketball or racquet sports.

Rather than plunging into exercise, take five minutes to gradually get your heart and breathing going faster. Start your normal exercise slowly and pick up the pace gradually.

When you finish your workout, your body needs a chance to cool down slowly.

This means you should slow your heart rate gently. Do not stop abruptly by standing still, sitting, lying down, or bending over with your hands on your knees.

Your heart needs to come gradually back to its resting rate. Keep moving but at a slower pace to cool down.



2007 INTRAMURAL FLAG FOOTBALL

Marne Conference

	WON	LOST	PCT
F 703rd BSB	3	0	1.000
B Co. 4/64 Armor	2	1	0.666
549th MP Co.	2	1	0.666
E Co. 4/64 Armor	1	1	0.500
A 703rd BSB	1	1	0.500
C Co. 4/64 Armor	1	2	0.333
HHC 4/64 Armor	0	1	0.000
92nd Chem Co.	0	3	0.000

Rocky's Conference

	WON	LOST	PCT
E 703rd BSB	4	1	0.800
135th QM Co.	4	1	0.800
C Co. 3/7 Inf.	4	1	0.800
632nd Maint. Co	2	1	0.666
A Co. 3/7 Inf.	2	3	0.400
HHC 4th Bde.	1	3	0.250
G Co. 703D BSB	1	4	0.200
HHC 4/3 BSTB	0	4	0.000

Southeastern Conference

	WON	LOST	PCT
15 ASOS	1	0	1.000
B Co. 1/76 FA	1	0	1.000
D Co. 4/64 Armor	1	1	0.500
HHT 6/8 Cav.	0	2	0.000

2007 INTRAMURAL FLAG FOOTBALL SCHEDULE

Marne Conference

HHC 4/64 Armor vs 549th MP Co.	Field 1	8:30 p.m.	Sept. 11
B Co. 4/64 Armor vs NCO Academy	Field 3	8:30 p.m.	Sept. 11
C Co. 4/64 Armor vs HHC 4/64 Armor	Field 1	6:30 p.m.	Sept. 12
B Co. 4/64 Armor vs E Co. 4/64 Armor	Field 1	7:30 p.m.	Sept. 12
92nd Chemical Co. vs NCO Academy	Field 1	8:30 p.m.	Sept. 12
549th MP Co. vs NCO Academy	Field 3	6:30 p.m.	Sept. 17
92nd Chemical Co. vs E Co. 4/64 Armor	Field 3	7:30 p.m.	Sept. 17
F Co. 703rd BSB vs HHC 4/64 Armor	Field 3	8:30 p.m.	Sept. 17
E Co. 4/64 Armor vs NCO Academy	Field 1	6:30 p.m.	Sept. 19
F Co. 703rd BSB vs 549th MP Co.	Field 1	7:30 p.m.	Sept. 19
B Co. 4/64 Armor vs C Co. 4/64 Armor	Field 1	8:30 p.m.	Sept. 19

Rocky's SCHEDULE

632nd Maint Co. vs C Co. 3/7 Inf.	Field 1	6:30 p.m.	Sept. 11
135th QM Co. vs HHC 4th Bde.	Field 3	6:30 p.m.	Sept. 11
HHC 4/3 BSTB vs G Co. 703rd BSB	Field 1	7:30 p.m.	Sept. 11
E Co. 703rd BSB vs A Co. 3/7 Inf.	Field 3	7:30 p.m.	Sept. 11

2007 HIGH SCHOOL FOOTBALL SCHEDULE

LIBERTY PANTHERS

Date	Time	Opponent	Location
Sept. 14	7:30 p.m.	Brantley County	Away
Sept. 21	7:30 p.m.	Calvary Day	Home
Sept. 29	7 p.m.	Harlem	Home
Oct. 5	7:30 p.m.	Glenn Hills	Home
Oct. 12	7:30 p.m.	Burke County*	Away
Oct. 19	7:30 p.m.	Richmond Hill*	Home
Oct. 26	7:30 p.m.	Hephzibah*	Away
Nov. 3	7:30 p.m.	Benedictine*	Away
Nov. 9	7:30 p.m.	South Effingham*	Home

*=Region game

BRADWELL TIGERS

Date	Time	Opponent	Location
Sept. 7	7:30 p.m.	Griffin	Home
Sept. 14	7:30 p.m.	Coffee	Home
Sept. 28	7:30 p.m.	Beach*	Home
Oct. 5	7:30 p.m.	Jenkins*	Away
Oct. 11	5:15 p.m.	Jenkins*	Bradwell
Oct. 12	7:30 p.m.	Windsor Forest*	Home
Oct. 20	7:30 p.m.	Johnson, Savannah*	Away
Oct. 26	7:00 p.m.	Groves*	Home
Nov. 2	7:30 p.m.	Savannah*	Away
Nov. 9	7:30 p.m.	Camden County*	Away

*=Region Game

For more information on high school football contact LCHS at 876-4316 or Bradwell Institute at 876-6121.